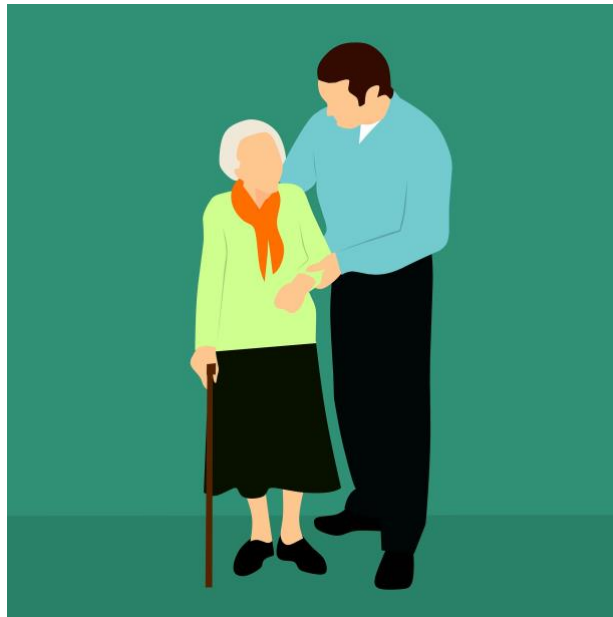


# WHAT LITTLE DEEDS CAN DO

*And if we cannot – who can!*

To make your home Safe and Comfortable



## EXTERIOR ADAPTATIONS

- Easy-to-see, reflective house numbers that can be seen from the street
- Adding handrails to outside stairs
- Creating extra and brighter lighting along pathways including lighted entry and parking areas.
  - Install floodlights with motion sensors. (With our partner electrician)
- Switching round exterior knobs to lever door handles

- Installing security peepholes at a height that's right for you on exterior doors.
  - Consider electronic options for seeing who's at the door.
- Installing an illuminated door bell and a door knocker to alert the occupants of guests or delivery people
- Installing a beveled, no-step, no-trip threshold.
- Repair & maintain in proper working condition doors & screens & to make them easier to open.

## **BATHS**

Just adding a few grab bars in the bathrooms located near toilets, baths, and in showers, alleviates some of the worries of falling. Slip resistant floor coverings in bath and shower basins also mean added safety.

- If you have limited eyesight, we can mount glowing room light switches on the outside of the entrance door. Placing light switches and controls at a height that children or a person in a wheelchair can reach. (With our partner electrician)
- Install C-shaped handles in place of small knobs on drawers for easier opening.
- Install shallow, open shelving rather than deep, enclosed cabinets.
- Moving or installing towel bars and wall hooks within arm's reach of the bathtub or shower.
- Adding reinforcing blocking in bathroom walls to accommodate possible future installation of grabs bars.
- Installing grab bars around bathtubs and showers and at the toilet at heights specific to your needs.
- Installing a wall-mounted or pedestal sink with lever-handle faucets for easy access by those in wheelchairs. (In partnership with our approved plumber)
- Remove shower doors and install safer shower curtains
- Set your water heater to a safer 120 degrees.
- Install either a bathtub fold-up seat and/or transfer seat,
- Install a hand-held showerhead in the shower and/or tub.
- Use non-skid mats or non-slip strips on bathtub and shower floors.
- Install a toilet seat riser, toilet lift, or a comfort-height toilet.

## **KITCHEN**

- Create removable cabinet fronts for the sink and cook top to allow knee-space for wheelchair users.
- Install pullout, or pull-down, shelves and lazy Susan's to increase accessibility to storage.
- Add task lighting under wall-mounted cabinets to reduce shadows and create safe working environments, especially if you have low vision.
- Install fire extinguishers and a fire blanket in a location that is easy to reach in the event of an accident.
- Install automatic shut-offs for stove, a coffee pot or iron
- Install task lighting at sink, stove and work areas, with bright LED bulbs
- Install a pressure-balanced, temperature-regulated faucet.
- Install a pullout faucet sprayer to fill pots without lifting them into the sink.
- Install GFCIs: Ground circuit interrupters near water areas such as in kitchen, bathroom or laundry to reduce risk of electrical shock. (Via our partner electrician)
- Check appliances for safe and proper operation and coordinate any needed repairs or replacements
- Install smoke and carbon dioxide detectors in appropriate places
- Remove unsecure throw rugs and place nonslip mats in area that can get wet

## **LIVING ROOM, DINING ROOM AND BEDROOM**

- Add double-sided tape to secure small rugs.
- Install closet lights and adjustable rods and shelves.
- Replace traditional toggle switches with easy-to-use rocker-panel switches with lights.
- Install touch-control lamps or devices that can automatically turn lights on and off.
- Add non-slip adhesive strips to uncarpeted stair treads.
- Install handrails on both sides of stairs at a convenient height. Tighten any loose handrails.

- Add remotes for any needed appliances & ceiling fans.

## **LIGHTING**

- Ensure that closets have lights to illuminate dark spaces.
- Increase the number of lighting fixtures to give the home more light.
- Paint using lighter colors or light wall coverings to add brightness to the room.
- Add contrasting colors and textures between surfaces to aid visual acuity

**In addition to creating a home assessment with you (and a medical professional or Occupational Therapist as needed), we can help you identify and make your own list of trusted professionals for:**

- Mowing, Trimming bushes and trees
- Gutter cleaning
- Snow removal
- Cleaning
- Furnace maintenance
- Plumbing pro
- Electrical pro
- Special services
- Major Renovations

As we do little deeds, leaving those bigger ones to other pros!

[www.littledeeds.com](http://www.littledeeds.com)

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